

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Wounded Veterans Hit the Hardwood at Cameron Indoor Stadium

**Duke University Invites Injured Service Members to Use Home Court of Blue Devils**

DURHAM, N.C., March 31, 2016 /[PRNewswire-USNewswire](#)/ -- It's the home court for the 5-time National Champion Duke Blue Devils Men's Basketball team, but Cameron Indoor Stadium served a different purpose recently. Camaraderie. Wounded veterans used the court in Durham, North Carolina to get a boost in exercise efforts.

Wounded Warrior Project® (WWP) brought the injured service members as part of its Physical Health and Wellness program (PH&W). PH&W programs are designed to reduce stress, combat depression, and promote an overall healthy and active lifestyle. PH&W is one of 20 direct programs and services provided to wounded veterans, their families, and caregivers, free of charge.

"Walking into the long hallway toward the Hall of Fame, it was as if you were walking through time," WWP Alumnus and Army veteran Shannon Blake said. "There were championship banners hanging everywhere."

The group of injured veterans not only toured the facility but also played basketball on the court.

"It was pretty cool to be shooting hoops with other Alumni on Coach K Court in such a historic building," Shannon said.

Along with the experience, the wounded service members learned about EXOS training and nutrition at a facility in Raleigh. EXOS includes integrated rehabilitation services that can help veterans who are overcoming physical injuries reach their fitness targets.

"I took the information home, ordered a TRX system, joined a yoga program, and registered for additional events to reach my health goals," Shannon said.

Shannon credits WWP with saving his life and giving it a new direction.

"I see the hard work and the passion that goes into Wounded Warrior Project's efforts for Alumni and families. WWP came at the right time for me, and brought me from a dark place to an active life with purpose."

More than 100,000 wounded veterans, caregivers, and family members receive access to WWP programs and services, all of which are free of charge. One way WWP helps injured service members is through the Benefits Service program. This program helps ensure wounded veterans receive the benefits they earned while serving in the armed services. A WWP teammate works with the injured service member to navigate the Department of Veterans Affairs' (VA) process. The benefits team also works with the injured veteran on any necessary appeals he or she needs. Just in February, the Benefits team helped nearly 2,500 wounded veterans, families, and caregivers. <https://www.woundedwarriorproject.org/programs/benefits-service>

**About Wounded Warrior Project**

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet

their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit [woundedwarriorproject.org](http://woundedwarriorproject.org).

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